

MONDAY

7:30-8:30am	Align & Flow	Ariella	🔥	Jade
9:00-10:15am	Thermal Yoga® 75	John	🔥🔥	Jade
10:45-11:45am	Yoga Basics ▶	John		Jade
12:00-1:00pm	Align and Flow	Caitlin		Jade
5:30-6:45pm	Thermal Yoga® 75	Tambra	🔥🔥	Jade

TUESDAY

6:00-7:00am	Thermal Yoga® 60	John	🔥🔥	Jade
9:00-10:00am	Hatha ▶	Malissa		Jade
10:05-10:25am	Guided Meditation	Team		Jade
10:30-11:30am	Beginner Tai Chi	Marek		Jade
12:00-1:00pm	Power Flow	Tonya	🔥	Jade
5:30-6:30pm	Align and Flow	Julia		Jade

WEDNESDAY

6:00-7:00am	Align and Flow	Brianne	🔥	Jade
7:30-8:30am	Power Flow	Tonya	🔥	Jade
9:00-10:15am	Thermal Yoga® 75	Tonya	🔥🔥	Jade
10:45-11:45am	Yoga Basics	Julie H		Jade
12:00-1:00pm	Align and Flow	Christy		Jade
3:45-4:15pm	Kids Yoga Ages 3-5	Julia		2
4:30-5:15pm	Kids Yoga Ages 6-10	Julia		2
5:30-6:30pm	Power Flow	Caitlin	🔥	Jade

THURSDAY

6:00-7:00am	Thermal Yoga® 60	Elena	🔥🔥	Jade
9:00-10:00am	Hatha	Venus		Jade
10:30-11:30am	Align and Flow ▶	Ariella		Jade
12:00-1:00pm	Power Flow	Tammy	🔥	Jade
4:00-5:00pm	Yoga Sculpt	Julia		Studio 2
5:30-6:45pm	Thermal Yoga® 75	Jen	🔥🔥	Jade

FRIDAY

6:00-7:00am	Align and Flow	Payton	🔥	Jade
9:00-10:15am	Thermal Yoga® 75	Ania	🔥🔥	Jade
10:45-11:45am	Yoga Basics ▶	Carrie		Jade
12:00-1:00pm	Align and Flow	Ania/Emma		Jade
1:15-2:15pm	Intermediate Tai Chi	Marek		Studio 2
4:30-5:45pm	Yin/Nidra	Brianne		Jade

SATURDAY

8:00-9:00am	Power Flow	Tonya	🔥	Jade
9:30-10:30am	Thermal Power Fusion	Tonya	🔥	Jade
9:30-10:30am	Yoga Sculpt	Brooke		2
11:05-12:05pm	Yin	Julia		Jade

SUNDAY

8:00-9:00am	Align and Flow	Danessa	🔥	Jade
9:00-10:00am	Hatha	Lena		Opal
9:30-10:45am	Thermal Yoga® 75	Danessa	🔥🔥	Jade
11:15-12:30pm	Thermal Yoga® 75	Danessa	🔥🔥	Jade
1:00-2:00pm	Restorative Yoga	Team		Jade
4:30-5:30pm	Candlelight Flow	Christy		Jade

Yoga

COMPLIMENTARY
EFFECTIVE 4/1/24

UPDATED 2.19.24



HEAT

- 🔥 98° / 50% Humidity
- 🔥🔥 105° / 55% Humidity

▶ LIVESTREAM CLASSES

STUDIOS

- Jade
- Studio 2
- Opal

Suitable for Beginners



CLUB GREENWOOD
THE BEST PART OF YOUR DAY!*